



## Menu Plan Densa Park – February 2026

Week 06	Week 07	Week 08	Week 09	Week 10
<b>Monday (02.02.26)</b>  Fetasalat  Pasta with ricotta and tomato sauce	<b>Monday (09.02.26)</b>  Green salad  Fried Asian noodles	<b>Monday (16.02.26)</b>  Cucumber salad  Tart with vegetables	<b>Monday (23.02.26)</b>  Chickpea salad  Vegetable couscous	<b>Monday (02.03.26)</b>  *
<b>Tuesday (03.02.26)</b>  <i><b>Beetroot salad</b></i>  <i><b>Quesedias with chicken</b></i>	<b>Tuesday (10.02.26)</b>  Maissalat  Risotto with cheese and tomatoes	<b>Tuesday (17.02.26)</b>  Carrot salad  Seasonal oven vegetables	<b>Tuesday (24.02.26)</b>  Quinoasalat  Beetroot dumplings with apple slices	<b>Tuesday (03.03.26)</b>  *
<b>Wednesday (04.02.26)</b>  Asparagus soup  White winter cabbage with carrots and potatoes	<b>Wednesday (11.02.26)</b>  Chinese cabbage salad with sweet dressing  Pasta with pesto	<b>Wednesday (18.02.26)</b>  <i><b>Vegetable soup</b></i>  <i><b>Chilaquiles (Tortillas with mild Salsa)</b></i>	<b>Wednesday (25.02.26)</b>  <i><b>Pea salad</b></i>  <i><b>Burritos with vegetables</b></i>	<b>Wednesday (04.03.26)</b>  *
<b>Thursday (05.02.26)</b>  Salat red chicory  Pumpkin curry with rice	<b>Thursday (12.02.26)</b>  <i><b>Noodle salad</b></i>  <i><b>Egg tortilla with vegetables</b></i>	<b>Thursday (19.02.26)</b>  Cheese salad with raw vegetable sticks  Merquez with brown rice	<b>Thursday (26.02.26)</b>  Bulgur salad  Fried penne with tomato sauce with grated cheese	<b>Thursday (05.03.26)</b>  *
<b>Friday (06.02.26)</b>  Broth with vegetables  Quinoa with fish	<b>Friday (13.02.26)</b>  Endive salad  Polenta slices with tomato sauce	<b>Friday (20.02.26)</b>  Green Bean Salad  Baked cauliflower with potatoes	<b>Friday (27.02.26)</b>  Raw vegetable sticks with quark dip  Cream cheese pancakes with apple sauce	<b>Friday (06.03.26)</b>  *

**Specialties according to the pedagogical theme of the month: Mexico**